

Boy's GymBears Lesson Plan

Weeks: 1 & 2

Theme: Safety Rules for a Few Good Men

Sub-Theme: Motor Skills- Forward, Backward, Sideways, Over, Under



WARM-UP

Props:

Stars, Beanbags, Sidewalk Chalk

General Fitness Warm-up:

CD—The Village People

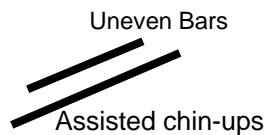
Song—"In the Navy"

Go through safety sheet. Broken jumping jacks, stand still drill, and animal walks. Scatter stars out on the mats and have the kids stand on them. Practice stand still drill for 1-2 minutes, then tell kids to "Jump your feet apart! Jump your feet together!"—approx. 5-10 times. Try some animal walks around the stars (crab, bear, doggie broken leg). Teach positions—straddle, pike, tuck, V-sit, straight line, lunge, squat, and TaDa! Try 5 tuck jumps, 5 jumping jacks, 5 tuck jumps.

Suggested Skill Goals

- Tumbling:** single leg HS, forward rolls, cartwheels, log rolls, straddle rolls
- Pommel Horse:** support swings, tuck throughs, stride support
- High Bar:** bent arm hang, tuck swings, regrips, shimmy
- Parallel Bars:** straddle travels
- Trampoline:** straight jumps, tuck straddle, pike

EVENTS



Shimmy to the middle of the bar, tuck hang for 5 seconds, jump to TaDa!

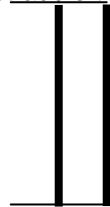
Long hangs, tuck hang, swinging tuck hang



High Bar #1

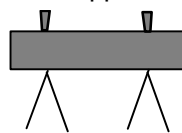
High Bar #2

Bear walk forward, backward, and sideways, straddle travels



Parallel Bars

Support swings, tuck throughs, stride support



Pommel Horse

KEY POINTS

- High Bar #1: Spot tuck swings and work on re-gripping the bar.
- P-Bars: Fun strength building exercise—straddle travel to the middle, straddle table position—hold 5 sec.
- Don't lift boys to the bars. Place traps & have them climb up to the bars.

Trampoline

- **All skills repeated 5 times:
1. Kill the bounce
 2. Getting on & off
 3. Straight jump, stick
 4. Pike jumps

Spring Floor

Bear walk 5x, forward roll, lunge & cartwheel on CW mats

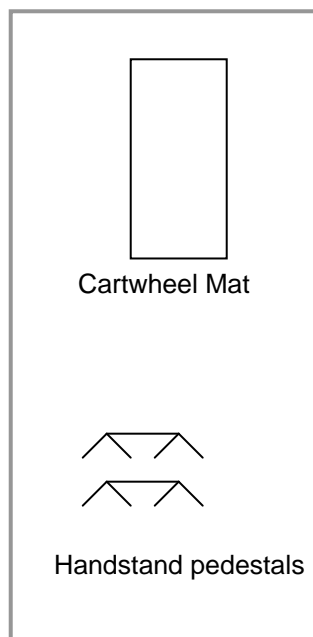
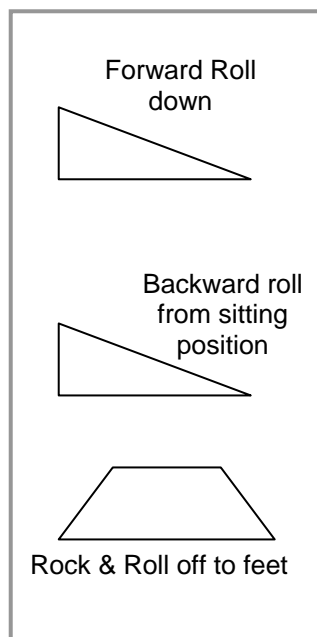
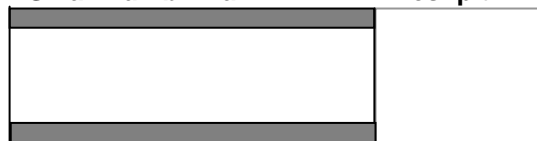
Tumbl-Trak

Use chalk to draw 3-4 circles on the tumbl-trak. Stand in the circle, squat, and place hands outside in front of the circle, do a forward roll, and land in bear walk position. Do 5 bear walks

FLOOR STATIONS & SET-UP

Small Tumbl-Trak

Resi-pit



Cross Mat Tumbling

1. Doggie broken leg to handstand
2. Cartwheels (on CW mat if needed)
3. Log rolls
4. Straddle rolls
5. Rock & Roll
6. Forward roll
7. Hollow body (Try log rolls in hollow body)

FITNESS FRED TIME:

1. 10 knee push-ups....Can anyone push off and clap?
2. 10 tuck jumps, 10 jumping jacks, 10 tuck jumps

ENDING ACTIVITY

Tug of War: Class vs. Teacher

NOTES:

Hollow Body: Lie on back in straight line arms stretched above the head. Lift legs and arms slightly off the ground and hold with arms glued to the ears. Squeeze core.

Straight Line Position: Lie down with straight arms at side and straight legs.

Windmill: Drill for cartwheels; start in lunge, place hands on top of trapezoid block, kick legs over the side, and land in opposite lunge.

Starter Swings: From tuck hang, pump knees back and forth.

Rock & Roll: From squat position rock back and let hands touch mat, rock forward and stand up

Assisted Chin-up on Bars: Hang from high bar & drape legs over low bar—chin-up.

Single Leg Handstand: Start in lunge, kick up to half handstand, keep legs in stride position, and land in lunge.

Kill the Bounce: Stick landing, i.e. trampoline and Tumbl-Trak

Stand Still Drill: Stand quietly, still and tall for 1-2 minutes

HANDOUTS

Safety Sheet